Adocate lectures on importance of physical activity

BY NANCY LAVIN
News Editor

Dr. Miriam Nelson, an advocate on topics in women's health, discussed the findings of her research on the relationship between exercise, eating well and obesity with University of Rhode Island students and faculty Thursday. Nelson is the founder of StrongWomen Initiative and director of the John Hancock Center for Physical Activity and Nutrition at the Friedman School of Nutritional Science and Policy at Tufts University.

"I want to hopefully provide everyone with some new frameworks to be thinking about in terms of physical activity, in terms of nutrition, in terms of women's health," she said.

Nelson began the discussion by emphasizing the importance of physical activity for women of all ages, explaining that every age is a great time to become more active.

"Get interviewed a lot, and I always anticipate a couple of the questions of the reporter, and they'll say 'so what age is the right age to start exercising?'" she said. "I'll say 'well, as soon as a child starts to crawl, that's a really good time to get them moving more, but if somebody's 50 and they haven't ever exercised, it's a good time. If they're 95, that's a really good time too.'"

A regular exercise schedule that focuses on cardiovascular exercise and strength training, in combination with a healthy diet, can make women less susceptible to many chronic diseases, according to Nelson.

"The reality is when we look at all these different chronic conditions, these conditions that impact women's health the most, at the center of this is really the obesity epidemic," she said. "If we could get more women to be exercising appropriately and to be eating well, we will be reducing the risk of all of these different conditions.

The rise in obesity derives, in part, from nutrition trends over the past 40 years, according to Nelson. In this time, calories, meat intake, sugar and refined grains have all increased in the American diet by a large percentage. The average woman now consumes 24 teaspoons of sugar from food per day, about half of an average size glass of pure sugar.

"I really challenge you the next time you go to the supermarket, look down every aisle," Nelson said. "I bet you’ll see 80 to 90 percent of what’s down that aisle is sugar, refined grains, salt and unhealthy fats. It's really about the food supply and not just the choices that people are making.”

She also discussed her StrongWomen Initiative, which works in local communities to improve physical health and attitudes toward nutrition, according to the project's website.

"When women themselves get stronger, they have a ripple effect, and they change their environment...when they do that, that in turn goes back and supports their own health. I really think it's this positive feedback loop that's really quite extraordinary," Nelson said.

She added that social networking, either online or in person, plays an enormous role in the ability of communities of women to maintain exercise routines and healthy eating habits.

"The influence of the social network, your colleagues, your family, your community, has a very profound influence," she said. "I'm really fascinated by the physical and social environment that we inhabit. Our community literally where you live matters in terms of how much you walk and how much you eat and where you work matters.”

The discussion was sponsored by the Women's Studies program at URI, and was brought as part of the annual Fredrika Wild Schweers Lecture on Women and Health, which began in 1984. The lecture series always features a new topic in women's health. It was established by an unnamed donor, according to the women's studies program's website.

Continued on page 2
Ron Paul

From page 1

ily on the constitution. He said the constitution needs to become the "rulebook," as it once was so many years ago.

He also brought up the issue of medical marijuana, saying that it should be a state­

mandated law, rather than a law made by the federal govern­

ment.

Emma Aspell, a freshman marine affairs and political science double major, attended the event, saying she thought it was a great opportunity to get more informed about politics.

"It's important for Americans to be informed," she said.

Mike Feroce, senior music education major, also attended the event, but would have liked to hear more about health care and abortion.

"He does a great job of appealing to his target audience, but he missed a few key points," Feroce said.

"He's a good public speaker, but I expected more than just a show," he added.

Cumplido said he thought the event went better than expected, exceeding his goal of 3,000 attendees.

"People were really listen­
ing," Cumplido said.

BY CONOR SIMAO
Entertainment Writer

A few weeks ago, Will Ferrell made headlines when he announced, in full Ron Burgundy garb, that "Anchorman 2" is slated for release in the relatively near future. There's a reason why movie and comedy fans alike found jubilation in this, and it's because "Anchorman" remains one of those truly atypical movies that devotees seem unable to forget, let alone grow bored of.

And why should they? The 2004 picture was fortified with a dependable cast, quirky premise, and hilarious script, each respon­

sible for its unique catchiness. It offered a full serving of wacky quotes to be later repeated by fans boys in a variety of questionable contexts, keeping its legacy alive for some time. It was a funny film, and now it's coming back.

It's not the only one. The Farrelly Brothers have announced recently plans to produce another "Dumb and Dumber" movie, a sequel to their 1994 comedy classic and cinematic debut. Of course, there's likewise the case of "Zoolander," Ben Stiller's 2001 cult phenomenon, about which rumors of a second installment have been prevalent for some time.

These significant announce­ments in the world of Hollywood comedy bring to center stage an antiquated discussion regarding sequels: to make or not to make them. On one hand, the promise of a "Zoolander" theatrical release remains almost too irre­
sistible to lambast. Conversely, does anybody really think "The Hangover: Part II" enhanced the legacy of its predecessor? It's clear that not all sequels are creat­
ed equal, but drawing the line is an essential task for production companies aiming to capitalize on brands without first destroy­
ing them.

Whether we're discussing Will Ferrell and his regular, Adam Sandler and his team of Golden Raspberry showered crus­
saders or the Farrelly Brothers, it's important to realize that sequels must not be rushed, or synthetically initiated.

But something tells me that the aforementioned upcoming comedy sequel trifecta will satis­
fy its respective die-hards. With plenty of time to plan one, these dream teams have the unique chance to release a manicured sequel to eager, depriv ed fans and fresh, minds alike. Homer once commented, "The fates have given mankind a patient soul." When we employ it, we enjoy, among other things, a good laugh and a chance to relive the hilarity of our favorite, time­

worn characters—but now in their modern forms.

For the Record: Corrections & Clarifications

In the April 18 article "Fraternities, sororities hold annual Greek Week," the fraternity of Ray Bolvin, Sigma Pi Fraternity, was incorrectly cited as Sigma Phi Epsilon Fraternity. The location of the Est O il and Ship and Slide Bowling events were cited as being at the Sigma Phi Epsilon Fraternity house, as it was written on the URI Events page, however, they were held at the Sigma Pi Fraternity house.

The Cigar gladly corrects all verifiable mistakes. To report a mis­

take please e-mail artcigar@gmail.com.

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**Classifieds**

**Senate**

From page 1 overall, restructure it to better appeal to potential employers. The club will also offer mock interviews, in which members offer guidance to students on how to successfully be interviewed. They also plan to host conferences in which people who work in human resources will come to speak about their work in the industry and what students who want to go into human resources can expect from their kind of work.

Kathryn Perda, a textile marketing major, and another member of the Human Resources Club, said that she first became interested in human resources after taking a summer class about it. According to Perda, taking the class made her realize that she wanted to work with people, which sparked her interest in learning more about human resources. While she is a new member of the club, Perda said she is excited about the future of the club, and is glad to have it recognized by Senate. According to Perda, it is critical to recognize the importance of Human Resources in any industry.

"The most successful companies are the ones that spend more money in human resources," Perda said. "You can't have a successful company if you don't have qualified people working for you, or if you can't retain them. This is a field that requires integrity to go in."
Rhody SPORTS

Baseball team honored, splits mid-week games on road

BY JONATHAN SHIDELER
Sports Staff Reporter

The University of Rhode Island baseball team has had a busy week thus far. The Rams played two mid-week games on the road, one versus Boston College and the other against Stony Brook University, which they split. The team was also honored by College Baseball Insider for its outstanding week.

On Tuesday, the team was recognized with an honorable mention for national team of the week. Last week the Rams went 5-0. It began with two mid-week wins; one against Quinnipiac University and the other against in-state rival Bryant University. The team then went on to sweep a three-game series versus St. Bonaventure University. During the week, the Rams nearly doubled their opponents’ score with a total of 55 runs for and 23 runs against.

"Being honored like that is great for the team and the program," head coach Jim Foster said. "Having any type of national recognition is real­ly good to see not only for the players but for the coaches as well."

On Tuesday, the team traveled to Boston College and won with a final score of 16-4 as sophomore Liam O'Sullivan picked up his fourth straight win on the mound. The Rams scored a run in every inning besides the last, as they set their season record for the most runs in one game. Things started off with a four-spot in the first inning for Rhody courtesy of some sloppy fielding by BC, which registered two errors that inning.

"The hitting is beginning to come around," Foster said. "The team is keeping [its] swings short and getting good contact."

Senior Milan Adams and junior Kevin Stenhouse each blasted a home run. Adams hit a three-run shot, his third of the year while Stenhouse's was a solo blast and his first on the season.

Also contributing to offensive explosion were sophomore Pat Quinn and senior Jeff Cammans. Quinn went two for three and drove in three runs. Cammans had three hits, drove in two and accounted for two runs.

At the top of the order sophomore Jeff Roy and junior Chris Famiglietti combined for four hits in 11 at bats. The 1-2 outfield duo each stole a base and crossed home plate three times each.

O'Sullivan pitched 6.2 innings, gave up four runs and struck out three. He had an early lead yet again from his offense and took advant­age of what the team gave him.

"When you're used to pitching in certain situations you get comfortable," Foster said. "He keeps getting early support and keeps doing well with it."

After O'Sullivan left, the Rams scored a run in the seventh inning.

Senior Dan Haverstick was named last week's senior third baseman Dan finished the week with a .600 average, nine hits, and a 1.000 slugging percentage.

BY MIKE ABELEON
Sports Staff Reporter

Notebook: this week in Rhody sports

- University of Rhode Island senior third baseman Dan Haverstick was named last week's Atlantic-10 Conference Player of the Week. Haverstick finished the week with a .600 average, nine hits, and a 1.000 slugging percentage.

- The Rams were tied for first in the most recent New England Intercollegiate Baseball Association poll. The University of Connecticut tied with the Rams in overall votes, but the Rams had more first-place votes than the Huskies (5-3).

- The Rams were named an honorable mention Team of the Week by College Baseball Insider.

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- "The hitting is beginning to come around," Foster said. "The team is keeping [its] swings short and getting good contact."

- Senior Milan Adams and junior Kevin Stenhouse each blasted a home run. Adams hit a three-run shot, his third of the year while Stenhouse's was a solo blast and his first on the season.

- Senior Dan Haverstick was named last week's senior third baseman. Dan finished the week with a .600 average, nine hits, and a 1.000 slugging percentage.

- The Rhody baseball team will be playing at Bill Beck Field tomorrow at 3 p.m., Saturday at 1 p.m. and Sunday at noon against Xavier University. It is the second Atlantic-10 Conference home stand for the Rams this season and their first home series since the start of April.

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